



Town of Wellesley Emergency Calendar

2006

Have flashlights and candles available in case of severe storms



January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 MLK Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2006

February is American heart month. Learn how to save a life:

www.americanheart.org



February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		Black History Month	1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 President's Day	21	22	23	24	25
26 Wellesley Police Citizen Academy Begins	27	28				

2006

Do you have an emergency plan for your family?

Find one at www.mass.gov/eohhs/MassSupport



March

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St. Patrick's Day

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First Day of Spring

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2006

Have you changed your smoke detector batteries?



April

Sun

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Sat

Cancer Control
Month:

www.cancer.org

Alcohol Awareness
Month:

www.ncadd.org

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Daylight Saving's
Time Begins

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Passover Begins

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Good Friday

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Easter

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Boston Marathon

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Earth Day

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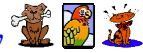
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2006

Do you know what to do with your pets in case of evacuation?

Find out: http://www.aspca.org/site/PageServer?pagename=pets_emergency



May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Mental Health Awareness Month	2	3	4	5	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31 World No Tobacco Day			

2006

In case of a local emergency, listen for a message from the Town's notification system CityWatch.

Also, tune to local cable Channel 8 and other area radio & TV stations.



June

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Father's Day

Flag Day

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First Day of Summer

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2006



The Middle School is the Town of Wellesley's primary shelter, however due to renovations, the TEMPORARY primary shelter is the Wellesley High School.

July

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Independence Day

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2006

Do you have an emergency kit for your car?



Find one at: http://www.redcross.org/services/disaster/0,1082,0_3_00.html

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2006

September is national preparedness month.

Visit www.ready.gov 

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4 Labor Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23 First Day of Autumn Rosh Hashanah Begins
24	25	26	27	28	29	30

2006

Don't forget to get a flu shot if you are in a priority category. Contact the Wellesley Health Dept,
781-235-0135 website http://www.wellesleyma.gov/Pages/WellesleyMA_Health/index for more info

October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Yom Kippur	3	4	5	6	7
8	9 Columbus Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 Daylight Savings Time Ends	30	31 Halloween				

2006



Poison Control Center: Call **1-800-222-1222**

Website: <http://www.maripoisoncenter.com/>

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3	4
5	6	7	8	9	10	11 Veteran 's Day
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30		

2006

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 First Day of Winter	23
24	25 Christmas Day	26	27	28	29	30
31 New Year 's Eve						

2006



INTRODUCTION

When we think about emergencies, we usually connote them with weather, accidents and naturally occurring or man made disasters. There are many other situations that occur on a regular basis that can be incorporated in the category of disasters; some of them include: medical emergencies such as heart attacks, strokes etc, domestic violence, elder concerns, or any other unforeseen incident. This guide aims to provide you with information to help you prepare for emergencies of all kinds. It will also list resources available in Wellesley and beyond.

Preparing for Emergencies

The Town of Wellesley has done much to prepare for plausible emergencies. The Local Emergency Planning Committee (LEPC) meets regularly to coordinate Town agencies and individuals with their likely roles in an emergency. LEPC members include the Board of Selectmen, Fire, Police, Health, Public Works and School departments, Wellesley and Babson colleges, and resident activists representing the Red Cross and the State of MA Animal Response Team. An emergency preparedness guide developed by the LEPC is available at most Town departments, Town Hall, the Wellesley Free Library and online at:

http://wellesleyma.gov/pages/wellesleyma_selectmensoffice/emergency.pdf

To learn more about Wellesley's emergency planning efforts, and the work of the LEPC, please visit the Town's website:

<http://www.wellesleyma.gov>

Notification of an Emergency in Wellesley:

If there is an emergency in Wellesley, the Town has an emergency telephone notification system called City Watch. It has the capacity to send out an alert message to a segment of the community in a short time (minutes to hours) or it can canvas the entire community within hours. CityWatch will direct you to where you may obtain additional information. In an emergency the town's local cable channel (8) will be preempt regularly scheduled programming with pertinent information, notifying residents what to do and where to go. Additionally, The Wellesley Channel will post information on its website: <http://thewellesleychannel.com/> The Town's website will also post up-to-date information on the situation.



Finding Shelter in Wellesley:



If the event warrants the need for sheltering, the first place to do so is in your own home. In certain types of emergencies, you may need to evacuate your home and relocate to a shelter. The Town's primary emergency shelter is located at the Wellesley Middle School, but while renovations are taking place there, the TEMPORARY primary shelter is the Wellesley High School.

The Fire Department offers the following Shelter-in-Place Plan for Residential Housing During a Chemical, Biological, or Radiological Emergency:

What Shelter-in-Place Means:

One of the instructions you may be given in an emergency where hazardous materials have been released into the atmosphere is to shelter-in-place. This is a precaution aimed at keeping you safe while you remain indoors. This is not the same thing as going to a shelter in case of a storm. Shelter-in-place means selecting a small, interior room, with no or few windows, and taking refuge there. It does not mean sealing off your entire home or office building. If you are told to shelter-in-place, follow the instructions provided below.

Why You Might Need to Shelter-in-Place:

Chemical, biological, or radiological contaminants may be released accidentally or intentionally into the environment. Should a chemical release occur, information will be provided by local or state officials via television, radio stations or on the Internet. Local public safety officials may handle smaller chemical releases. You may be contacted about the situation by the Town's telephone emergency notification system CityWatch. The important thing is for you to follow instructions of local authorities and know what to do if they advise you to shelter-in-place. Please call 911 only if you are in immediate danger or having a medical emergency.

How to Shelter-in-Place At Home:

- Close and lock all windows and exterior doors.
- If you are told there is danger of explosion, close the window shades, blinds or curtains.
- Turn off all fans, heating, and air conditioning systems and close the fireplace damper.
- Get your family a disaster supply kit; radio, phone, TV, batteries, first aid, limited food and drinks, and activity materials for kids and adults.
- Go to an interior room without windows that's above ground level. In the case of a chemical threat, an above ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.

- Bring your pets with you, and be sure to bring additional food and water supplies for them.
- It is ideal to have a hard-wired telephone in the room you select and have the phone available if you need to report a life-threatening condition. Cellular telephones may be overwhelmed or damaged during an emergency.
- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.
- Keep listening to your radio or television until you are told to evacuate or all is safe. Wellesley officials may call for evacuation in specific areas or shelter-in-place in areas of greatest risk.
- Remember that instructions to shelter-in-place are usually provided for durations of a few hours, not days or weeks. There is little danger that the room in which you are taking shelter in will run out of oxygen.

Wellesley officials on the scene are the best source of information for your particular situation. Following their instructions regarding sheltering, food, water, and clean up during and after emergencies is your safest choice. This information was adapted from The American Red Cross website on Shelter In Place Plans 2003.

The following are more resources to help you plan accordingly for emergencies.

From the Department of Homeland Security, Are You Ready? http://www.ready.gov/supply_checklists.html#emergency

Emergency Supplies:



Water, food, and clean air are the essential items for survival. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include [important family documents](#).

Important Family Documents:

Keep copies of important family records such as insurance policies, identification and bank account records in a waterproof, portable container.

You can use this [EFFAK \(Emergency Financial First Aid Kit\)](#) developed by Operation Hope, FEMA and Citizen Corps to help you organize your information.

Have a family communications plan:

http://www.ready.gov/family_plan.html

http://www.mass.gov/samh/being_prepared/family_disaster_plan.html



CREATING A FAMILY PLAN

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations

- § It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.
- § Be sure every member of your family knows the phone number and has coins or a prepaid phone card to call the emergency contact.
- § You may have trouble getting through or the telephone system may be down altogether, but be patient.

Emergency Plans

You may also want to inquire about emergency plans at places where your family spends time: work, daycare and school. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance. Read more: [At Work and School](#).

Information on the Care of Animals in an Emergency

Animal and pet lovers are greatly concerned about the welfare of their (and other) animals in a time of emergency. Please keep in mind that if you are forced to evacuate your home and relocate to a shelter, many shelters will not accept animals. Sue Webb, the Town of Wellesley Animal Control Officer offers the following advice, "Staying at a shelter is stressful on people as well as pets. Most evacuation shelters do not allow pets. Have a list of friends or relatives outside the immediate area that could care for your pet. Don't forget to collar, tag and microchip your pet. You should have a carrier or crate for each pet along with a supply of food, water and medication."

The following is some handy information from the American Society for Prevention of Cruelty of Animals on Emergency Pet preparedness. Website: http://www.aspca.org/site/PageServer?pagename=pets_emergency

Information on Heart Attacks, Strokes and CPR

Many medical emergencies including heart attacks and strokes evoke pre-emergency signs, but many people delay treatment for a variety of reasons. Here is information from the American Heart Association on heart attacks and strokes and what you or someone near you can do in the event of an emergency. Website: <http://www.americanheart.org/presenter.jhtml?identifier=3053>

Statistics

Coronary heart disease is America's No. 1 killer. Stroke is No. 3 and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.



Heart Attack Warning Signs

Some heart attacks are sudden and intense -- the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than 5) before calling for help. Call 9-1-1... Get to a hospital right away. Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive -- up to an hour sooner than if someone gets to the hospital by car. Emergency staff is trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

Stroke Warning Signs

The American Stroke Association says these are the warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll

know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

Cardiac arrest strikes immediately and without warning. Here are the signs:

- Sudden loss of responsiveness. No response to gentle shaking.
- No normal breathing. The victim does not take a normal breath when you check for several seconds.
- No signs of circulation. No movement or coughing.

If cardiac arrest occurs, call 9-1-1 and begin CPR immediately. If an automated external defibrillator (AED) is available and someone trained to use it is nearby, involve him/her.

If you find yourself in a situation that calls for you to administer CPR, remember to call 9-1-1 first to summon help while you begin. There are many places in the area you can go to learn CPR. Recently the Town of Wellesley offered a training course on CPR and Automated External Defibrillators. Another will be offered in the future. To learn more about local CPR offerings, contact the Wellesley Health Department, Tel: 781-235-0135 or visit their website:

http://wellesleyma.gov/Pages/WellesleyMA_Health/index or the American Red Cross <http://www.redcross.org/>

In the meantime, here is some information on CPR and how it is administered:

Website: <http://health.howstuffworks.com/first-time.htm?referer=cpr.htm>

Information on Automated External Defibrillators (AED)

Wellesley is a benchmark community in many respects. It was one of the first to embrace smoke free establishments...in fact it adopted this policy many years before there was a state law prohibiting smoking in restaurants and public places. The towns of Needham and Wellesley health departments were one of the first to adopt a Memorandum of Understanding (MOU), to share workforce, services, resources and trainings across borders; the MOU was voted on at town meetings in both communities. Recently, automated external defibrillators (AED's) have been installed in many public buildings, and are in place in all fire/EMS trucks and police cruisers.

Here is a list of locations where you can find automated external defibrillators (AED) in Wellesley:



ORGANIZATION	LOCATION OF DEFIBRILLATOR
Wellesley Free Library - Main	1 st floor behind circulation desk
Wellesley Free Library – Fells	On back wall under clock
Wellesley Free Library – Hills	Behind copier at circulation desk
Town Hall	1 st floor near water cooler
Fire Department	4 in station and one in each truck
Police Department	1 in station and in all cruisers
Municipal Light Plant	Behind reception desk
Warren Recreation and Health Bldg	1 st floor outside of gym & 1 used at outdoor activities (Rec. Dept)
DPW	1 st floor reception
RDF	Customer Service office
Babson College	1 in Health Services, 2 in Webster Center (1 travels), 1 at skating rink, 1 in Athletics (travels), 1 at B.E.E. and in all cruisers
MassBay Community College	1 st floor in front of security and 1 in the wellness center
Wellesley College	5 in police cruisers (1 used at events), 1 in health services and 1 in sports center in the pool area
Wellesley Middle School	In the office
Wellesley High School	1 in the fitness center and 1 with the sports trainer
Boston Sports Club	1 in the fitness room and at the front desk
Sun Life of Canada	Bldg. 2 – 1 st floor across from kitchenette Bldg. 3 – in the security area Bldg. 4 – 1 st floor near elevators
Wellesley Country Club	1 in clubhouse next to golf shop 1 in tennis building

Information on Choking

Here is some information on choking and the steps you can take to help yourself or someone else in need.

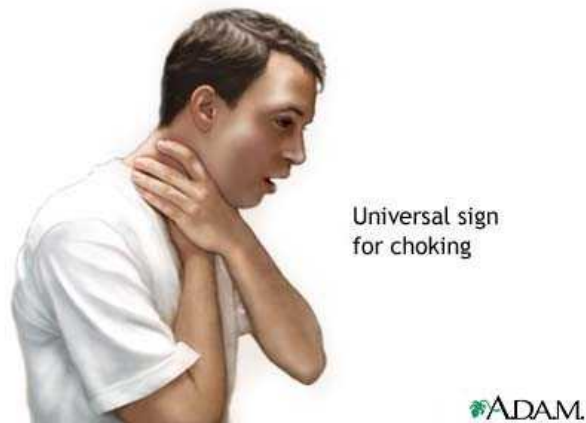
From the Website: <http://www.nlm.nih.gov/medlineplus/ency/article/000047.htm>

Definition

Choking is when someone can't breathe because food, a toy, or other object is blocking the airway (throat or windpipe).

Symptoms

The universal distress signal for choking is grabbing the throat with the hand.



Update Date: 8/12/2004. Updated by: J. Gordon Lambert, MD, Associate Medical Director; G. Eric Morgan, MS3; RxRemedy and A.D.A.M. Medical Illustration Team.

Other danger signs include:

- Inability to speak
- Weak, ineffective coughing
- Noisy breathing or high-pitched sounds while inhaling
- Difficulty breathing
- Bluish skin color
- Loss of consciousness if blockage is not cleared

Do Not

- DO NOT interfere if the person is coughing forcefully, able to speak, or is able to breathe in and out adequately. However, be ready to act immediately if the person's symptoms worsen.
- DO NOT try to grasp and pull out the object if the person is conscious.

Call immediately for emergency medical assistance

When the person is choking:

- Tell someone to call 911 while you begin first aid.
- If you are alone, shout for help and begin first aid.

After the object is successfully dislodged, the person should see a doctor because complications can arise.

Update Date: 4/8/2005. Updated by: William D. Whetstone M.D., Division of Emergency Medicine, University of California San Francisco, San Francisco, CA.
Review provided by VeriMed Healthcare Network.

Domestic Violence Resources - IF YOU ARE IN IMMEDIATE DANGER - CALL 911

If you or someone you know is experiencing domestic violence, there are places to turn for help. Here are some helpful resources:



We are a 90-day emergency shelter for victims and survivors of domestic violence in the Metro West of Boston. We offer a toll free hotline, support groups, children's counseling, legal advocacy, community outreach, education, resources and referrals. **24 HOUR EMERGENCY HOTLINE: 1-800-899-4000**

The Governor's Commission on Domestic Violence

Commonwealth of Massachusetts:

[Domestic Violence Fact Sheet](#) (PDF Format)

[The Children of Domestic Violence](#) (State Website Link)

[Domestic Violence Law Enforcement Guidelines](#) (PDF Format)

Other Services and Counseling:

Elder Abuse Hotline (800) 922-2275

Elder Information Hotline (800) 882-2003

[Mass Bar Association Domestic Violence Information](#) (Website Link)

[Mass Society for Prevention of Cruelty to Children](#) (800) 442-3035 (Website Link)

Teen Hotline (800) 999-9999

[Disabled Persons Protection Commission](#) (800) 426-9009 (Website Link)

SAFELINK, a Massachusetts Statewide Hotline multilingual, 24 hour service. 1-877-785-2020.

Massachusetts Commission on the Status of Women: Sexual Assault and Domestic Violence Resources

<http://www.mass.gov/women/resources/SADV.htm>

Courtesy Nahant Police Dept: http://www.nahantpolice.org/assistance/abuseinfo_resources.shtml

Electricity and Power

If a power outage occurs in Wellesley, contact the Wellesley Municipal Light Plant, 781-235-7600, extension 390, website: http://wellesleyma.gov/Pages/WellesleyMA_WMLP/index

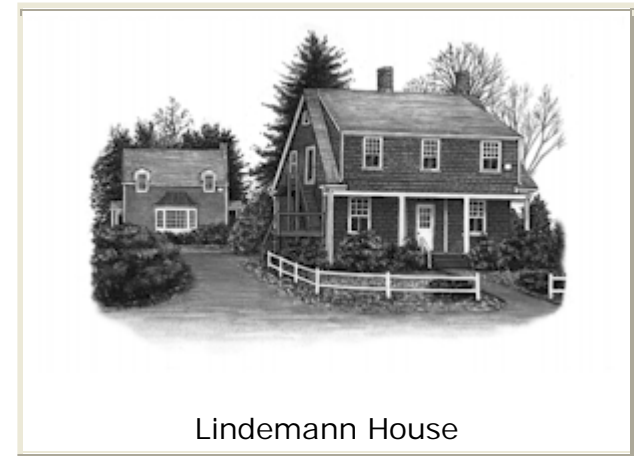
Helpful information on what to do if the power goes out, courtesy Alliant Energy Website: Safety: Storms & Power Outages: http://www.powerhousetv.com/stellent2/groups/public/documents/pub/phtv_sa_st_000346.hcsp

Mental Health Resources

There are many resources available to help individuals, families, friends and/or communities during times of crisis. In Wellesley, Human Relations Service www.hrshelps.org offers a wide variety of clinical, consultation, community education, and employee assistance services:

The Human Relations Service (HRS) is a private, non-profit community mental health service agency serving Wellesley, Weston, Wayland, and nearby towns. HRS provides a wide variety of clinical, consultation, community education, and employee assistance services. These services are rendered regardless of one's ability to pay based on a sliding fee scale funded through a grant from the Wellesley Board of Health. These funds are made available so that every resident has access to mental health counseling regardless if they are uninsured or underinsured.

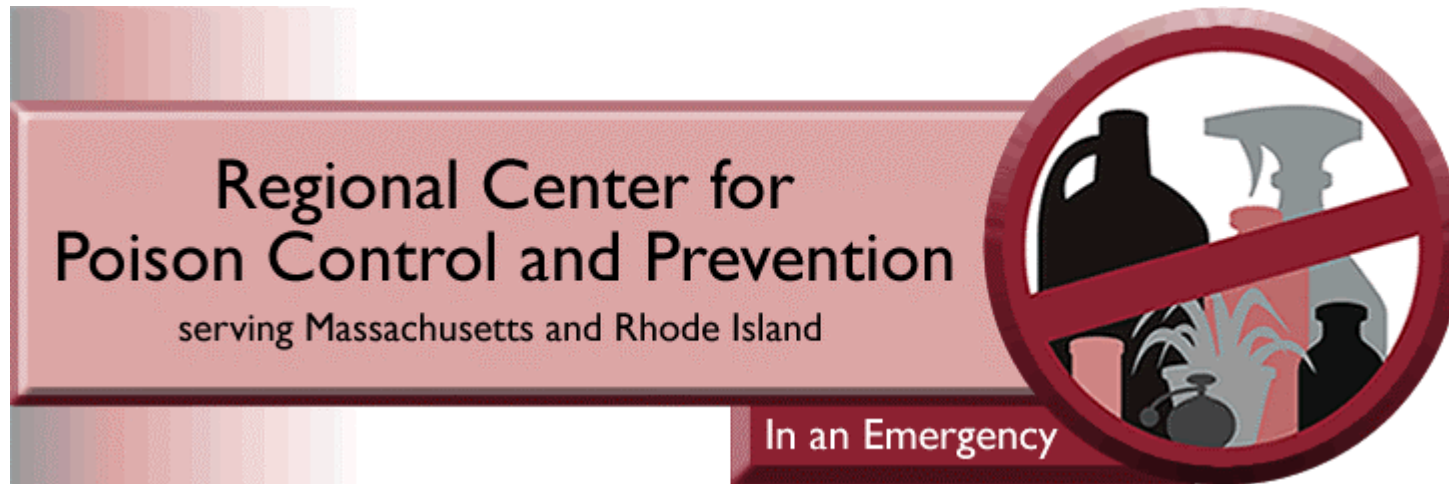
Please call (781) 235-4950 or email us at info@hrshelps.org to schedule an appointment.



Lindemann House

Lindemann House	phones	e-mail
11 Chapel Place	781-235-4950 (voice)	Send email to HRS
Wellesley Hills , MA 02481-3130	781-235-7176 (fax)	

Poison Control



In a Poison Emergency, Call 1-800-222-1222 24 hours a day

If the victim has collapsed or is not breathing, call **911** for an ambulance; hearing impaired, call 1-888-244-5313. If you think someone has been poisoned, call the Regional Center for Poison Control and Prevention serving Massachusetts and Rhode Island at 1-800-222-1222 right away. Do not wait for the victim to look or feel sick. Do not try to treat the person yourself.

Seniors and Emergencies

Here is information provided by Kim Hoff, Director of the Wellesley Council on Aging, telephone: 781-235-3961, website: http://wellesley.ma.gov/Pages/WellesleyMA_COA/index on various emergency issues seniors face and some resources to address them.



Keep Cool in the Summer

During the sweltering days of summer, many seniors encounter the challenge of keeping cool and hydrated to avoid potential health problems and emergencies. Dehydration, heat exhaustion, and heat stroke are three dangers of hot weather.

The best thing is to prevent these heat-related illnesses from happening by doing the following:

- Drink plenty of fluid, but avoid drinks containing alcohol because they will actually cause you to lose more fluid

- Sunburn affects your body's ability to cool itself and causes a loss of body fluids, as well as pain and damage to the skin.
- Replace salts and minerals
- Wear appropriate clothing
- Pace yourself
- Stay cool indoors
- Schedule outdoor activities carefully, use a buddy system and adjust to the environment.



Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off, so consider visiting the Wellesley Free Library or the Council on Aging for a few hours. If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call 9-1-1 for immediate medical assistance.

In the Winter –Snow Removal Resources:

Seniors should contact snowplow companies BEFORE winter arrives to get on their snow plowing lists. After the first snow, they often have a waiting list. For a list of local snow plow companies, call the Council on Aging at 781-235-3961. Most plow companies will also shovel your walk and steps, but you must ask for this service, and there is often an additional charge. The Council on Aging also works with the Youth Commission Director to organize a Shoveling Squad, a group of student volunteers who will shovel for seniors when it snows.



Fuel Assistance Information:



If you are a Wellesley resident age 18 or older and are in need of assistance paying your winter heating bills, the Low Income Heating Energy Assistance Program (LIHEAP) through the South Middlesex Opportunity Council (SMOC) may be able to help. You may apply for this assistance program from November to April. The Wellesley Council on Aging staff can assist with filling out applications for SMOC.

Seniors At Risk or in Danger:

For a life-threatening emergency placing a senior in immediate danger, call 9-1-1

The Council on Aging provides assistance to seniors requiring resources, services, and crisis intervention by helping elders obtain the care they need from the agencies that can best assist them. Council on Aging staff is mandated by state law to report to Springwell <http://springwell.com/ps.htm> a senior agency serving Wellesley, any elder who may be at risk from themselves or other person. Other professionals, such as police, fire, nurses, doctors, are also mandated to report suspected abuse or neglect of a senior citizen. Our priority is to help seniors stay happy, healthy, safe, and as independent as possible. If you know of a senior who is at risk or in need of services, please do not hesitate to call the Council on Aging at 781-235-3961.